



Food as Medicine: How to Use Diet, Vitamins, Juices, and Herbs for a Healthier, Happier, and Longer Life

By Dharma Singh, M. D. Khalsa

Atria Books. Paperback. Condition: New. 368 pages. Dimensions: 8.4in. x 5.5in. x 1.0in. Food is the original medicine. Food is the best medicine. From Dr. Dharma Singh Khalsa, acclaimed author of the national bestseller *Meditation as Medicine*, comes *Food as Medicine* -- a remarkable book that balances both of Dr. Khalsa's specialties by advising readers on how to achieve maximum health from simply eating responsibly and well. Grounded in medical science, *Food as Medicine* is a pragmatic and accessible reference for anyone seeking guidance on healthy eating or simple food remedies. Dr. Khalsa begins by setting readers on the right nutritional path -- regardless of their current eating habits -- and explains how to go organic, how to use natural organic juices and foods as medicine, and how special-food diets can help reverse the progress or diminish the symptoms of certain diseases, such as Alzheimers or Hepatitis C. The book is filled with interesting food facts: Blueberries can increase brain longevity through their ability to help release dopamine in the brain. Kiwi fruit, because of its high levels of disease-fighting antioxidants and phytonutrients, is said to be an excellent source in battling cancer and heart disease. Pears, with their high content...



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Reviews

Extensive information! Its this type of excellent study. I have read and i am sure that i will gonna go through yet again once more down the road. Once you begin to read the book, it is extremely difficult to leave it before concluding.

-- **Aliyah Mayer**

Thorough information! Its this sort of good read. It is actually writter in straightforward words rather than confusing. I am just delighted to let you know that this is basically the best book we have read within my personal existence and can be he greatest pdf for actually.

-- **Dr. Henri Crona II**